



Mrs. Margaret Peters

UMmmmm—GOOD!

—Chief Cook Master of Culinary Art

Wanna know what it's like to wrestle up lunch for approximately 40 hungry workers every day? Just ask Mrs. Margaret Peters, head cook at the Toledo Society for the Blind.

Mrs. Peters began working at the Society in 1964 in their Homebound Program in which she delivered sewing to blind ladies. In those days, the cutting of ironing board covers, basket liners, clothes pin aprons, tablecloths, dishcloths and towels was done at the Society but were taken to blind ladies' homes to be sewn.

In addition to the Homebound Program, in 1965 Margaret began working as a parttime cook in the Society's kitchen and even went to Camp Yukita to assist with the cooking.

During the years 1970 and 1971, Margaret and her late husband, Howard, lived at 813 Ontario Street where they were "houseparents" in this home operated by the Society for the purposes of rehabilitating some of the blind. Even though she was a houseparent, Margaret still continued her parttime work in the Society's kitchen where Mrs. Edna Thompson was, at that time, the head cook.

In 1975 Margaret became the head cook as Mrs. Thompson became quite ill and was unable to continue her duties.

In addition to menu planning, buying groceries and cooking the noon meals, Mrs. Peters performs the same functions for the Progressive Club meetings, Family Nights and Braille Rallies, with the exception that these are evening meals.

Working with the blind has not been unfamiliar to Margaret since her husband was blind most of his life. Mr. & Mrs. Howard Peters had been married nearly 48 years when he passed away in May, 1974. Margaret and Howard are the parents of four children, have 11 grandchildren and one great grandchild. In her little bit of spare time, Margaret likes to crochet, play cards, fish and go camping.

To give our readers a few statistics on the amount of food Margaret processes in a month—

Approximately: 62 lbs. of potatoes
2 cases of vegetables
252 lbs. of meat
112 loaves of bread
24 pkgs. of rolls
24 lg. pkgs. of Jello
32 heads of lettuce

4 lg. stalks of celery
12 lbs. of onions
24 lbs. of coffee
22 gal. of milk
112-6 oz. cans of juice
8 dz. eggs
24 lbs. of margarine
8 boxes of cake mix
32 pies
12 gal. of homemade soup
120 teabags

These amounts of food feed approximately 650 people during the month. In addition, special diets are prepared for diabetics and other persons who have health problems.

Margaret's future plans are to retire when she reaches 70 years of age (she's 68 now), but chuckles when she says, "I don't know if I can hold out that long."

We tip our hats to this truly wonderful lady who is doing a tremendous job in expert fashion.

This is Your Life—Gladys Frazier!

Mrs. Gladys Frazier, now 74, has been at the Toledo Society for the Blind since 1963 when she came as Volunteer Supervisor, that is, supervisor of volunteer workers of the Society. Mrs. Frazier has met many challenges during these years, as she never in her life had been around blind people or had done office work.

Her first project, and still her total responsibility, was the Christmas card mailing program, which reaches some 10,500 persons.

Gladys also assists with the Progressive Club and Family Night meetings and is supervisor of the Happy Times Club which involves arranging taxicab service to transport the members to and from the Society. She takes care of the used clothing as it is given to the Society and assists with the New Eyes for the Needy Program wherein she sorts used eyeglasses and forwards them to New Jersey for further processing.

Gladys and her fine husband, Secor, who passed away in December 1969, were married 49 years, are the parents of two children, have three grandsons and three great grandchildren.

Gladys spends her spare time sewing, making Christmas tree ornaments and helping others. As Gladys so aptly puts it, "I enjoy being busy and doing what I can for others—this is my life and I enjoy it to the fullest."

Mrs. Gladys Frazier



the Toledo Society for the Blind

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A Community Chest Agency

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Blind Champion Worker Uses Hands To 'See'



—Just The Right Touch

his living, although he is blind.

Seth Haslam, 48, has worked just over two years at Champion, as a gap setter in one of the final stages of their spark plug assembly line. He has suffered from glaucoma for many years.

"It's one of the few places in Champion where a blind person can operate effectively," Ken Morris, department superintendent, said. "In other areas, sight is necessary for safety or production, but here, working with your hands is more important."

Labor Day this year had special significance for one worker at the Champion Spark Plug Unit. He's gainfully employed and earning

Seth's hands are just right for the job. His sense of touch is very sensitive. "I use my hands to see what I'm doing," he said.

In spite of a positive attitude toward hiring the handicapped at Champion, blind employees there are a rarity due to the type of work. Supervisors Ed Kaintz and Cliff Ovall recalled only two others, both of whom were employed during World War Two.

In Seth's case, Kermit Schoettley, vice president in charge of manufacturing, was instrumental in getting a blind worker on the job. The idea has worked out well for everyone concerned.

Seth went through the company's training program for his position, and then went to work. Ike Harper, committeeman in Dept. 6, said Seth is liked by his fellow workers, and the feeling is mutual.

"They are a bunch of nice people," Seth said. "I think this is a good place to work. It wasn't too hard to adjust to the program, and I like people anyway."

Harper and the Dept. 6 supervisors agreed that Seth is one of the best workers there. "He's very careful with his work," Morris said. "Quality control almost never finds anything wrong with any of the plugs he gags."

Everyone also agrees that Seth's attitude and attendance are outstanding. "He's always here," Harper said, "and he always does a good job."

Seth's performance at Champion is ample proof that handicapped persons have a definite place in the work force. They can be a real benefit for any company which hires them.

Seth derives his own benefits from working there, earning a productive living. As he puts it, "I'm really enjoying myself here at Champion."

Reprinted—Courtesy Toledo Union Journal

1976 Christmas Card Program

To simply say "Thank You" to all who purchased our Holiday Cards last year, is certainly not enough. Because of your generous response, our 1975 Holiday Card Program was the most successful ever.

Through your purchase of these cards, we are able to continue with our extracurricular activities such as summer camp and family nights, which are not

provided for by the Community Chest.

To receive three different samples of our attractive Christmas cards, just fill out the enclosed postpaid order form and drop it in the mail. We will receive our cards from the printer sometime in July at which time the samples will be sent to all of you who have requested them.

There's Fun in Shopping



After reading the verse with her magnifying glass, Iva Arnold decided to purchase this birthday card.

Blind persons have as great a need to shop for clothing, cards, gifts, etc., as sighted persons do. They do, however, have problems from time-to-time in getting someone to help them with their shopping.

Two employees of the Blind Society, Activities Worker Denise Homler and Social Worker Despina Chakmaki, recognized a need for shopping trips. After doing some research and taking a poll among the blind who had expressed a need, these two young ladies designed a new program called "Out to the Malls."

Each Tuesday, from 10 a.m. to 2 p.m., is spent shopping at a different mall, alternating between the Woodville, Southwyck, Franklin Park and Westgate Malls. Transportation is provided by the Society and each blind shopper is accompanied by a sighted volunteer.

Each shopper and volunteer may shop and have lunch at their pleasure until 2 p.m. at which time the shoppers are driven to their homes.

The program has been well received and certainly has filled a need. However, more volunteers are needed. If any of our readers are interested, please call Miss Homler at the Society, 241-1183.



With summer coming, Marie Smith decided she would buy a pair of sandals. Despina Chakmaki is pictured helping her make a decision.

Facts About Aging and Blindness

What does aging have to do with blindness? The answer is simple: to a large extent the problems of blindness are the problems of aging.

The prevalence of blindness rises steadily with age and the number of persons living to an old age is increasing every year.

Approximately 430,000 Americans are legally blind.* About one million are functionally blind and cannot read newsprint.

Almost one-half (47.2%) of the legally blind population in the United States is 65 years of age or older.

More than 50% of new cases of blindness in the United States occur in persons 65 years of age or older.

Geriatric blindness is often accompanied by or caused by other debilitating physical disorders.

Of the five leading causes of blindness—senile cataract, glaucoma, prenatal influences, diabetes and vascular diseases (hypertension, arteriosclerosis and nephritis) the chances of becoming blind from all but prenatal influences increase dramatically with age.

Senile cataract and glaucoma are particularly common among older people—and 29% of the cases of blindness are caused by them.

Senile cataracts are usually operable but many of these operations are never performed because the cases are not detected or reported.

Glaucoma need not cause blindness if it is detected and treated in the early stages.

*All statistics are from the National Society for the Prevention of Blindness Factbook.

Reprinted from *Introspection*—Rhode Island Association for the Blind

Blind to Attend Camp Hemlock Again This Year

In the hilly farmlands beyond Hillsdale, Michigan, is Camp Hemlock, named after a small, clear, cool, natural lake. The camp has been in existence for better than ten years and is non-denominational, well-established and fully approved by state codes. It is one of the cleanest and best planned camp facilities anywhere.

There is plenty of fun and adventure at Camp Hemlock and blind persons in the Toledo area will be participating this year during the week of August 15th.

Numerous activities are planned for that week. Among them are an old fashioned hayride, amateur night, crowning of a king and queen, swimming, boating, group singing, religious services, visits to the farm to pet the animals—just to mention a few.

There will be lots of good eating, too, for the meals are nutritious and well-balanced—even to the snacks.

Camp Hemlock has much to offer the blind campers. For an example, most of the campground area is roped with guide lines to direct the blind campers to specific areas.

This is an exciting time that the blind look forward to each year and the Society is happy to be able to rent this fine camp.

America's First Blind Medical Student to be Graduated

When David Hartman entered Temple University School of Medicine in 1972, even some of his professors doubted that he would complete the rigorous four-year course of study. But Hartman, 26, who has been blind since the age of eight from glaucoma and is the first sightless American medical student in this century (TIME, April 29, 1974), has surprised the skeptics. In a few weeks the physician-to-be will receive his medical degree, and he hopes to become a psychiatrist.

Now ranked in the top 20% of his class of 179, Hartman needed extraordinary dedication to overcome a handicap. In accepting him, Temple waived only a few visual skills—for example, reading X-rays. Otherwise, he was required to fulfill all the requirements. That forced Hartman to use considerable ingenuity. In gross anatomy classes, for instance, to take advantage of the sensitivity of his fingertips, he shunned the rubber gloves worn by his classmates when poking around in cadavers—until his fingers became numb from the preservative formaldehyde.

Pulsating Artery

Although helped by his wife Sheryl and fellow students—who read aloud to him from medical texts—Hartman had moments of doubt. Once, in a physiology lab, he passed out while feeling the pulsating artery of an unconscious dog. Later he performed a tracheotomy—an incision into the windpipe—on another dog. In his final year, he accurately diagnosed ailments during clinical rounds—by relying, in part, on descriptions of symptoms by the patients themselves.

Hartman thinks his success may help other handicapped people to enter the professions. Says he: "There is no way a sighted person can tell me what I can or cannot do."

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Hartman taking his wife's blood pressure.



Neil Benson Photo

The Sign Post

"BINGO"

The Toledo Society for the Blind does not participate in any way in any games of chance, which includes Bingo.

At the November meeting of the Downtown Lions Club, Donald Norwood, executive director of the Blind Society, was presented a check in excess of \$8,000 as the Society's proportionate share in the National Blind Golfers' Tournament held in June, 1975. The monies are restricted to the Society for any future building programs.

Miss Despina Chakmaki, social worker for the Society, has been appointed to serve on the Toledo Advisory Board of the ADOPT-A-GRANDPARENT PROGRAM. The program provides an organized service for youth and senior persons who wish to develop open and honest relationships. For the senior participant, the program can be a means of ending isolation, loneliness and boredom as well as providing contact with today's youth and learning to understand him better. For the youth, it affords an opportunity to learn and benefit from the experiences of the senior participant, as well as giving the youth a better understanding of the "older generation."

Activities Galore!

Since coming to the Toledo Society for the Blind a short time ago, Miss Denise Homler, activities worker, has been kept busy planning all sorts of activities. The response has been most rewarding as the activities have been well attended.

In October a Halloween costume party was held with judges awarding prizes for the funniest and most original costumes. 55 attendees enjoyed the evening's entertainment and refreshments.

A hayride in Pearson Park late in November was the highlight of last year's programs. A group of 23 people shared in the fun in spite of the extremely cold temperatures that night. There was much group singing throughout the hayride and around the campfire where, at the conclusion of the ride, marshmallows and hot chocolate were served.

Another "first" for the Society was the workers' Christmas party given for the Sheltered Workshop. There were prizes awarded and group singing of carols, which, of course, is always an important part of a Christmas party. At the conclusion of the singing, refreshments of ice cream and homemade cookies were served, with the refreshments all being donated.

More activities have been planned for 1976.

